

Recipe Cards

for Warrick County School Corporation

Recipe: Chicken Bruschetta Pasta-Middle/HighMeal Equivalents: 1 cup = 2.5 meat, 1.25 grain, and 1/4 cup red/orange

Recipe: 1198

Chicken Bruschetta Pasta-Middle/High '14

Recipe Information

Name: Chicken Bruschetta Pasta-Middle/High
Meal Equivalents: 1 cup = 2.5 meat, 1.25 grain, and 1/4 cup red/orange

Serving Size: 1 cup

Category: Entree

Standard Yield: 50 servings

Notes:

Nutrition Facts		Amount Per Serving		% Daily Value*	Amount Per Serving		% Daily Value*	Amount Per Serving		% Daily Value*
Serving Size: 219.249g		Total Fat	16.169g	25%	Total Carbohydrate	16.201g	5%	Vitamin A (IU)	826.630 IU	17%
Calories	288.271	Saturated	3.506g	18%	Dietary Fiber	2.011g	8%	Vitamin C	7.310mg	12%
from Fat.	49.175%	Trans Fat**†	0.000g		Sugars†	3.113g		Calcium	188.060mg	19%
from Sat. Fat.	10.947%	Cholesterol	90.648mg	30%	Ash	0.650g		Iron	1.653mg	9%
from Carbs	22.481%	Sodium	576.625mg	24%	Moisture	4.491g		*Percent Dietary Values are based on a 2000 calorie diet.		
from Protein	26.073%	Protein	18.790g	38%						
**Trans Fat values are provided for informational purposes, not for monitoring purposes.										

† Calculations based on incomplete data

Recipe Ingredients

1 cup Balsamic Vinegar

Allergens: No Allergen information reported.

1 pt 1 3/4 c chopped Basil, fresh

1 pt 1 3/4 c Cheese, parmesan, grated

7 lb 8 oz Chicken fajita strips '14

Allergens: Milk

Meal equivalent: 2.05 oz meat = 2oz meat

1/2 cup Garlic, Minced, In Oil 32 oz

Allergens: Soy. Gluten-Free ingredients

2 cup Olive Oil, evoo, extra light

Allergens: Gluten Free

4 1 pound dry Penne pasta, cooked

Allergens: Eggs, wheat

9 lb 15 oz Tomatoes, diced, in juice

Allergens: Gluten free

Preparation Instructions